



Spartan Up!: A Take-No-Prisoners Guide to Overcoming Obstacles and Achieving Peak Performance in Life

Joe De Sena

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"A must read for anyone looking to take his performance to the next level, be it in athletics or in life."—Dean Karnazes, author of *Ultra Marathon Man*

"If there's anyone out there who has taken extreme to a new level, it's Joe De Sena—in adventure racing, in business, and ultimately in the business of adventure! *Spartan Up!* is must-read."—Robyn Benincasa, world champion adventure racer and *New York Times* best-selling author of *How Winning Works*

What do marathoners do when 26.2 miles just isn't enough anymore? They try obstacle racing, combining the endurance challenges of a marathon with the mind- and body-bending rigors of overcoming obstacles along the way. At the heart of this phenomenon is Joe De Sena, the driving force behind the Spartan Race. De Sena overcame his own obstacles—working his way from Queens to Wall Street to legendary extreme athlete—by adhering to a simple philosophy: commit to a goal, put in the work, and get it done. From that philosophy, as played out now for millions across trails, through mud, and up mountainsides, the Spartan Race was born.

Filled with unforgettable stories of Spartan racers as well as hard-won truths learned along the course, *Spartan Up!* will help you reach your full potential in whatever you set out to do.

"Have you ever wanted to be more, been stuck in a funk, or simply wanted make life poignant? Look no further because *Spartan Up!* is your catalyst. Loaded with real life inspiration and lessons, Joe De Sena uses his supercharged success in life, business, and sports to deliver the nuggets. This is an easy and juicy read; succinct, powerful, and relevant." —Ian Adamson, world champion adventure racer and author of *Runner's World Guide to Adventure Racing*

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